BUILDING FELLOWSHIP

Annual Christmas Party



Michaelite Retreat, Melrose





Phoenix Centre – Quebec Branch 1999





Huff and Puff class – Carling Hts.



At the Centre



Wortley Village Cruise Nights

















CREATING A FEELING



Reaching out - Martial Arts Community



OF COMMUNITY



World Tai Chi Day



"Life is a gift, and it offers Privilege, opportunity and Responsibility to give Something back by becoming more."

- Anthony Robbins